

August 8, 2003

Washington Mathematics Science Technology PCHS  
Floyd Gilmore, Principal  
770 M Street, SE, Suite 1B  
Washington, DC 20003

Dear Mr. Gilmore:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- The meal pattern requirements for portion sizes and components are being met both daily and weekly.
- Your menu has good variety during the week.

Production records with planned numbers for all menu items, including condiments and milks, were not available. Instead, delivery tickets and recipe production forms from the caterer were used for all menu items for the analysis. This does have an effect on the accuracy of the analysis of your menu. See the Plan of Action below for more information on production records and planned numbers.

Based on the documentation you provided, the analysis for the week of review indicates your menus are low in Calories and iron, significantly elevated in total fat, and elevated in saturated fat. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from GFS Catering, Inc., you will need to coordinate with them to make any necessary changes.

<b>Plan of Action</b> <b>Meal Pattern and Nutrition Standards Compliance</b>	
<b>Observations/Finding</b>	<b>Recommendations</b>
Production Records accurately completed not available during on-site visit, or for the week of review. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.	<ul style="list-style-type: none"><li>• Production records with <u>planned numbers</u> for each item, including milk and condiment varieties, should be accessible before each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded.</li><li>• Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy.</li><li>• These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.</li><li>• The caterer needs to assist you in maintaining accurate production records.</li></ul>
Total Fat (TF): The analysis of lunch shows TF to be 40.12%. The target value is 30% of Calories or less.  Saturated Fat (SF): The analysis of lunch shows SF to be 11.36%. The target value is 10% of Calories or less.	<ul style="list-style-type: none"><li>• Offer 1% white and chocolate milks, or nonfat milk, which is lower in fat than the 2% you currently serve.</li><li>• Serve only jelly and no margarine with lunch bread items, or offer a smaller portion of margarine.</li><li>• Do not include butter/ margarine in recipes such as steamed rice and vegetables</li><li>• Do not use bacon as a seasoning in vegetables.</li><li>• Serve a low fat turkey frank instead of beef.</li><li>• Use low fat mayonnaise in salads and coleslaws.</li><li>• Serve smaller portions the high fat French dressing, or switch to a Fat Free brand.</li></ul>

Calories were low at a daily average of 697 Calories. This is 89% of the target daily average for grades 4-12 of 785 Calories.	<ul style="list-style-type: none"><li>♦ Increase portion sizes (above 3/8 cup) of fruits and vegetables to increase Calories.</li><li>♦ Serve jelly with bread slices.</li><li>♦ Offer more grains/breads each day, without adding fat to them. Graham crackers, breadsticks, pretzels, larger portions of rice (<math>\frac{3}{4}</math> cup) and low fat grain-based desserts will add calories without adding extra fat.</li></ul>
Iron was low at a daily average of 4.00 mg. The target value for iron is 4.23 mg per day.	<ul style="list-style-type: none"><li>♦ Offer foods high in iron -- dried fruits such as raisins, beans (baked beans, refried beans, bean soup) and leafy green vegetables.</li></ul>

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Elena Dobson, Managing Director of Operations